

Winchester Parks & Recreation

WINTER 2011-12

Activities Guide



Winchester
parks and recreation *Virginia*

1001 East Cork Street
Winchester, VA 22601

(540) 662-4946
winchesterva.gov/parks

CALENDAR

DECEMBER

- 8..... Free Aqua Zumba Class
Cookies with Santa
17..... Swimming Assessment
21..... Water Aerobics/Aqua Zumba Registration
21-22..... Private Swim Lesson,
Water Babies, Tiny Tots,
Child & Teens Registration
22..... No School Day
27-30..... Dog Park Closed
No School Days
30..... Youth Basketball Registration
Indoor Soccer Registration

JANUARY

- 1..... Yoga & Zumba Registration
16..... No School Day
Water Aerobics/Aqua Zumba Registration
17..... No School Day
21..... Swimming Assessment
25-26..... Private Swim Lesson,
Water Babies, Tiny Tots,
Child & Teens Registration

FEBRUARY

- 10..... Parent's Night Out
12..... 40+ Basketball Registration
13..... Lifeguarding Registration
Water Aerobics/Aqua Zumba Registration
17..... Start Smart Soccer Registration
18..... Swimming Assessment
20..... No School Day
22-23..... Private Swim Lesson,
Water Babies, Tiny Tots,
Child & Teens Registration
24..... Girls Volleyball Registration
28..... Yoga & Zumba Registration

MARCH

- 12..... Lifeguarding Registration
Water Aerobics/Aqua Zumba Registration
17..... Swimming Assessment

- 21-22..... Private Swim Lesson,
Water Babies, Tiny Tots,
Child & Teens Registration
26..... No School Day
27..... Eggcessible
31..... Easter Egg Hunt

APRIL

- 4-15..... Kids and Cops Camp Registration
5..... No School Day
6..... No School Day
9..... No School Day
Water Aerobics/Aqua Zumba Registration
14..... Swimming Assessment
Middle School Spring Fling
16..... Water Safety Instructor Registration
Summer Camp Registration (Resident)
17..... Yoga & Zumba Registration
18-19..... Private Swim Lesson,
Water Babies, Tiny Tots,
Child & Teens Registration
23..... Summer Camp Registration (Non-Resident)
27..... Open Softball Registration

MAY

- 11..... Youth Rugby Registration
30..... Youth Tennis Registration

JUNE

- 2..... Youth Tennis Player Evaluation
18-22..... Summer Camp
25-29..... Summer Camp

JULY

- 2-6..... Summer Camp
9-13..... Summer Camp
16-20..... Summer Camp
23-27..... Summer Camp
30-Aug 3..... Summer Camp

AUGUST

- July 30-Aug 3..... Summer Camp
6-10..... Summer Camp
13-17..... Summer Camp

Hours of Operation

Recreation Center

- Now through June 11
M-F 5:30 am - 9:30 pm
Sa 9:00 am - 6:00 pm
Su Noon - 6:00 pm

Administration Office

- Year-Round
M-F 8:00 am - 5:00 pm

Holiday Building Hours:

- December 24 & 25: CLOSED
December 31: 9:00 am - 6:00 pm
January 1: CLOSED

Contact Information

Winchester Parks & Recreation

- 1001 East Cork Street
Winchester, VA 22601
(540) 662-4946
(540) 678-8791 FAX
Cancellation Hotline: extension 33
wincparks@ci.winchester.va.us
www.winchesterva.gov/parks

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BOARD & COUNCIL

Advisory Board Members
The Board meets the fourth Monday of every month at 6:30 pm in the War Memorial Building.

Krista Farris	Catherine Mattens
Brian Wigley	Mark Miller
Jules Bacha	Matt Mintschenko
John Elliott	Kyle Homan
	Milt McInturff - <i>Council Liaison</i>

Winchester City Council

Mayor Elizabeth Minor	<i>City Wide</i>
Jeffrey Buettner	<i>First Ward</i>
Evan Clark	<i>Second Ward</i>
John Hill	<i>Second Ward</i>
Art Major	<i>Third Ward</i>
Milt McInturff	<i>Third Ward</i>
John Tagnesi	<i>Fourth Ward</i>
Les Veach	<i>First Ward</i>
John Willingham	<i>Fourth Ward</i>



Our Mission:
Dedicated to providing comprehensive, quality, and safe recreation and park programs, facilities and services that enrich the quality of life for the Winchester community and beyond.

AMENITIES

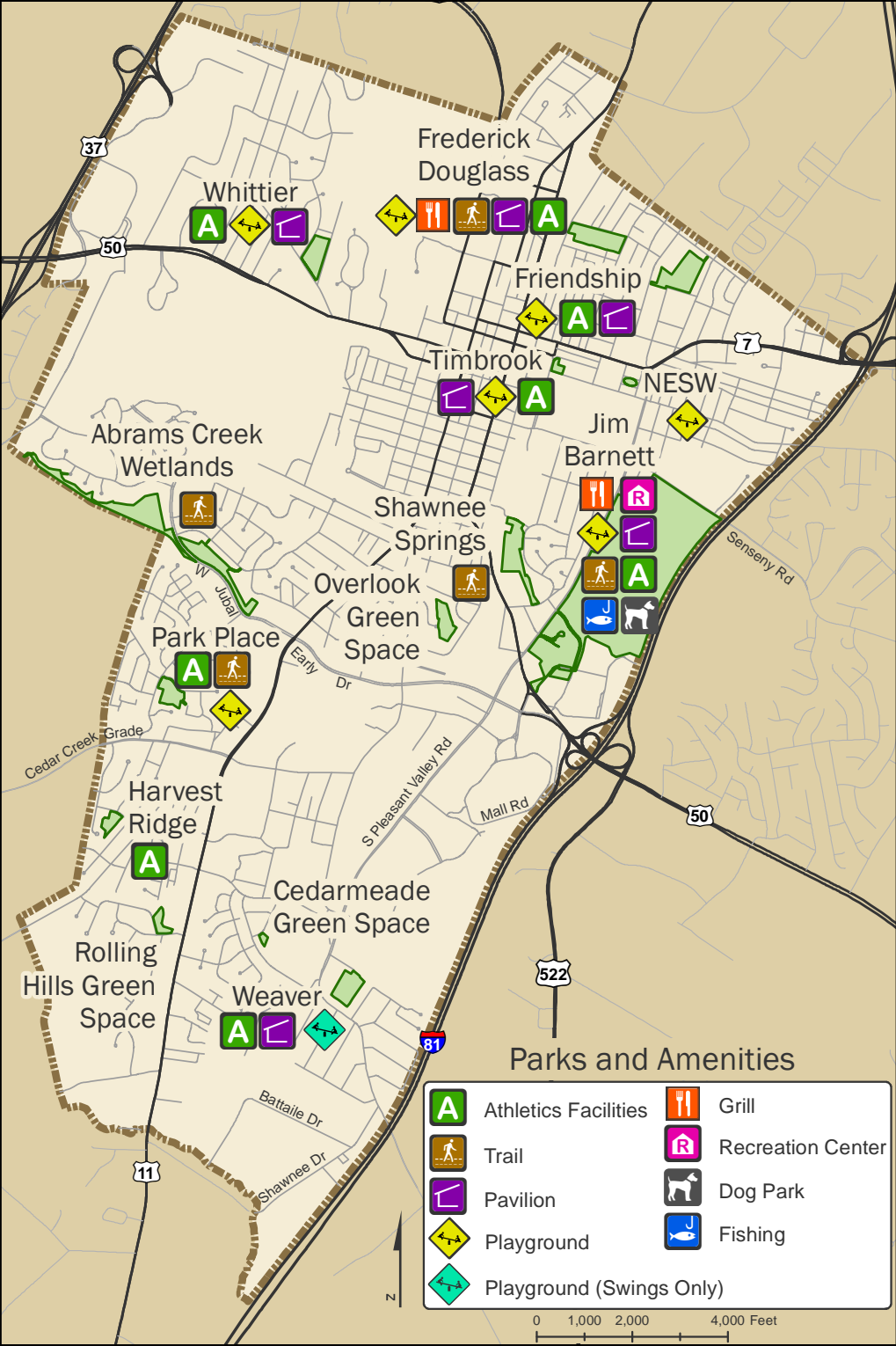
Neighborhood Parks Amenities List

Park and Location	Ball Field	Basketball	Grills	Open Area	Playground	Shelter	Soccer	Swings	Trail	Volleyball
Abram's Creek Wetlands Preserve 1643 Meadow Branch Avenue				●					●	
Cedarmeade Open Space Adjacent to Frederick Douglass Elementary School				●						
Frederick Douglass Behind the Douglass Community Learning Center on N. Kent Street	●	●	●	●	●	●	●	●	●	
Friendship On Bruce Street between Battle Avenue & Kerr Street off Pleasant Valley Road		●		●		●	●			
Harvest Ridge 805 Crestview Terrace, Harvest Ridge Subdivision on Middle Road				●			●			
North-East-South-West Between Darrview, East, South, and West Streets				●	●			●		
Overlook 50 Montague Circle				●						
Park Place 2024 Harvest Drive				●	●		●	●	●	
Rolling Hills On Valley Avenue in the Rolling Hills subdivision				●						
Shawnee Springs 10 acres of wetlands west of Hollingsworth Drive				●					●	
Timbrook On the corner of East Lane and Piccadilly Streets		●		●	●	●		●		
Weaver Southern end off Papermill Road		●		●		●	●	●		
Whittier On Whittier Avenue		●		●	●	●	●	●		

Jim Barnett Park We Have it All!

Playgrounds | Shelters | Picnic Areas with Grills
Sports Fields | Basketball & Tennis Courts | Mini Golf
Indoor /Outdoor Pools | Recreation Center | Fitness Trail
Disc Golf Course | Dog Park | Arboretum | Fishing Lake
Shuffleboard | Horseshoes | BMX and R/C Car Tracks







Youth Services
handleyregional.org

Winter Reading Program
"Snuggle with a Book"

Jan 3-31 - Come in & get materials

Winter/Spring Storytime Programs
Feb 6-Apr 7

HL: M, Th 10:15 am (toddlers)
M, Th 11 am (preschool)
BL: W, Sa 11 am
CCL: Tu 10:30 am

Paws for Reading

Our dogs love to listen to your favorite story. Registration required.

BL: Sa - 1/14 & 28, 2/11 & 25
3/10 & 24, 4/7 1-2:15 pm
HL: M 1/30 3:30-5 pm

Trit Trot for Pre-walkers

HL: Tu 2/7-3/27 10:30 am
BL: M 2/6-3/26 11 am

Ready, Set, Research Ages 10+

HL: W 1/11, 2/8, 3/14, 4/11 6:30 pm

Books & Blocks

BL: M 2/13, 3/12, 4/2 4:30 pm

American Girl Club (Registration)

HL: Sa 3/17, 4/21 2 pm

PJ/Moonlight Storytime

HL: W 2/22, 3/21, 4/25 6:30 pm
BL: Tu 2/7-3/27 6:30 pm

Youth Knit

BL: Tu 2/7-3/27 4 pm

Visit our blog:
Hrlyouthscope.blogspot.com



City of
Winchester VA

Facebook.com



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Bi-weekly
Electronic Newsletter
CitE-News**

SUBSCRIBE ONLINE
winchesterva.gov/enews



667-1815 :: winchesterva.gov/transit
All fares under \$1.00
(children under 2 ride FREE)

Indoor Pool Winter Schedule Now - Feb. 19

ADULT LAP SWIM (18+)	MON	TUES	WED	THURS	FRI	SAT	SUN
6:30 - 8:45 am		X		X			
7:15 - 8:45 am	X		X		X		
10:30 am - Noon	X	X	X	X	X		
Noon - 1pm						X	
6 - 7 pm	X		X				

OPEN LAP SWIM (7+)	MON	TUES	WED	THURS	FRI	SAT	SUN
1 - 2 pm*							X
5 - 6 pm						X	

GENERAL SWIM*	MON	TUES	WED	THURS	FRI	SAT	SUN
Noon - 1 pm	X	X	X	X	X		
1 - 5 pm**						X	
2 - 4 pm							X
5:30 - 7 pm					X		
7 - 7:45 pm**		X		X			

ACTIVE ADULT/THERAPEUTIC	MON	TUES	WED	THURS	FRI	SAT	SUN
1 - 2 pm	X	X	X	X	X		

* Three lanes available.

** Lap lanes reserved for private swim lessons.

* Lap space available but not guaranteed during this time for adults 18+.

** Shares pool with Water Aerobics & Aqua Zumba class from 7:30 - 7:45 (15 minutes).

NOTE: Children 12 and under must be accompanied by an adult (18+) at all times in the water. Shoes are not allowed on the pool deck. Groups of 10 or more must schedule a pool party in advance.



FACILITIES

Indoor Pool Spring Schedule Feb. 20 - May 25

ADULT LAP SWIM (18+)	MON	TUES	WED	THURS	FRI	SAT	SUN
6:30 - 8:45 am	X	X	X	X	X		
10:30 - Noon	X	X	X	X	X		
Noon - 1 pm						X	
6 - 7 pm	X		X				

OPEN LAP SWIM (7+)	MON	TUES	WED	THURS	FRI	SAT	SUN
1 - 2 pm*							X
5 - 6 pm						X	

GENERAL SWIM*	MON	TUES	WED	THURS	FRI	SAT	SUN
Noon - 1 pm	X	X	X	X	X		
1 - 5 pm**						X	
2 - 4 pm							X
5:30 - 7 pm					X		
7 - 7:45 pm**		X		X			

ACTIVE ADULT/THERAPEUTIC	MON	TUES	WED	THURS	FRI	SAT	SUN
1 - 2 pm	X	X	X	X	X		

- * Three lanes available.
- ** Lap lanes reserved for private swim lessons.
- * Lap space available but not guaranteed during this time for adults 18+.
- ** Shares pool with Water Aerobics & Aqua Zumba class from 7:30 - 7:45 (15 minutes).

NOTE: Children 12 and under must be accompanied by an adult (18+) at all times in the water. Shoes are not allowed on the pool deck. Groups of 10 or more must schedule a pool party in advance.



Winchester Public Schools
Athletic Based Facility Rentals

NOTE: No private rentals. Renter must meet insurance requirements.

FACILITY*	CAPACITY	HOURLY RATE	
		City Resident (R)	Non-City Resident (NR)
Daniel Morgan Middle Gym	600	\$49	\$50
Daniel Morgan Middle Auxilary Gym	650	\$37	\$38
Quarles Elementary Gym	338	\$37	\$38
VA Avenue Charlotte DeHart Elementary Gym	338	\$37	\$38
John Kerr Elementary Grounds**	300-1,500	\$21	\$24
Frederick Douglass Elem. Grounds**	300-1,500	\$21	\$24
Quarles Elementary Grounds**	300-1,500	\$21	\$24
VA Avenue Charlotte DeHart Elementary Grounds**	300-1,500	\$21	\$24
John Handley High Facilities	Call JHHS for reservations.		

* Facility rentals have a 1 hour minimum and additional custodial fee may apply.
** \$10 additional fee for field lining if needed.

Facility Rentals
Shelters

Rental Times
Full Day: 9 am - 9 pm
Half Day: 9 am - 2 pm OR 4 - 9 pm
(Available March 31)



SHELTER	CAP	HALF DAY		FULL DAY	
		R	NR	R	NR
S Jaycee I, Key Club I & II, Optimist	25	\$15	\$20	\$30	\$35
M Firemans, POW-MIA Memorial, Shawnee Lions	100	\$25	\$30	\$50	\$55
L Kiwanis I & II, Antique Car, Exchange	150-200	\$35	\$40	\$70	\$75
XL Lions, Rotary	220	\$40	\$45	\$80	\$85

Download a Facility Use Application at:
www.winchesterva.gov/parks/reservations

For non-profit and commerical rates, please call WPRD.

FACILITIES

Facility Rentals

FACILITY*	CAPACITY	HOURLY RATE	
		City Resident (R)	Non-City Resident (NR)
Lord Fairfax Room	50	\$25	\$28
Arts & Crafts Room	50	\$17	\$19
Full Gymnasium (A,B,C)	1,000	\$73	\$75
Full Court Gym (A,B)	666	\$49	\$50
1/3 Gym (A,B or C)	333	\$24	\$25
Social Hall	175	\$57	\$65
Recreation Room	20	\$10	\$11
Indoor Pool	80	\$92	\$101
Outdoor Pool	300	\$140	\$151
BMX Track**	200	\$7	\$8.50
R/C Car Track**	200	\$7	\$8.50
Horseshoe Courts**	200	\$7	\$8.50
Tennis Court**	100	\$7	\$8.50
Large Baseball/Softball Field**	300-1,500	\$21	\$24
Small Baseball/Softball Field**	150-500	\$17	\$20
Soccer Field**	250	\$17	\$20

* Facility rentals have a 1 hour minimum.

** \$10 additional fee for lighting and
\$10 fee for field lining if needed.

Fields

Large - Bridgeforth, Bodie Grim, Eagles
Small - Rotary, Yost, T-Ball, Henkel Harris



Please Note: *This is the last guide that will be mailed to your address.*

Pick up your next guide at Jim Barnett Park, City Hall, or the
Winchester-Frederick County Visitors Center.
Guides will be distributed through Winchester Public Schools.
You can also view the guide online at www.winchesterva.gov/parks



Event Space

Make Your Reservation

Plan your next gathering at the Active Living & Recreation Center in beautiful Jim Barnett Park.

Choose between a formal 6,750 sq. ft. social hall with a commercial kitchen for a more intimate gathering, or a 14,000 square foot gymnasium for large gatherings (call WPRD for rates).

Hourly Rates

	Social Hall	Hall & Kitchen
City Resident	\$57	\$82
Non-City Resident	\$65	\$92
Non-Profit		Call WPRD
Commercial		Call WPRD

Social Hall Event Fees

	Social Hall	Hall & Kitchen
6 Hour Rental	\$500	\$600

Fee Includes:

- Use of room during normal operating hours for set-up/tear down
- Use of room for 6 hours for event (event permitted to take place until 11:00 pm with clean-up finished by midnight)

Note: Kitchen may only be used with a caterer that is on Parks and Recreation’s approved catering list.



Weddings

Reserve the Social Hall for your special event

Up to 175 guests



FACILITIES

Fitness Room

The fitness room is open to participants 14 and up. Spectators are not permitted. Proper attire must be worn at all times. These policies will be strictly enforced.

The fitness room is open and available for use during the building's hours of operation (see inside cover).



Racquetball

The court can be used for racquetball or wallyball. Court reservations must be made in advance for no more than two hours at a time (schedule up to seven days ahead).

The court is open and available for use during the building's hours of operation (see inside cover). *Reservation requested.*

Dog Park

Memberships

Proof of registration and vaccination is required when purchasing a membership (3 dogs maximum)

Yearly fees

First Dog: \$18 R \$24 NR

Per Additional Dog: \$6 R \$8 NR

Winter hours (Now - March 31)

Mon - Fri: 6 am - 5 pm

Saturday: 9 am - 5 pm

Sunday: Noon - 5 pm

Note: The gate at the Kiwanis II Shelter will lock at 5pm.



Rental

Rent the Dog Park for a party. Call for details.

Reminder: The Dog Park will be closed from Dec. 27-30 for lock replacement.

Disc Golf

Come out and experience an inexpensive, family-friendly sport that anyone can play.

The 18 hole disc golf course located in Jim Barnett Park meanders through 170 acres of park land and boasts a balance of long challenging holes and short strategic holes.

Scorecards are available at the course map in the Outdoor Pool parking lot or can be downloaded from our website: winchesterva.gov/parks. Discs are available for rent at the War Memorial Building or the Outdoor Pool Complex.

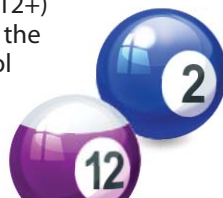
Fee: FREE

Rental: Discs available to rent (\$2 each)

Game Tables

Use the billiard table (ages 12+) or game tables (ages 8+) in the War Memorial Building. Pool sticks available or bring your own.

Fee: \$1.50 per visit



Open Gym

The gym will be available at the below times to anyone who would like to drop by Jim Barnett Park to play some hoops. This is not a league or program. Basketballs are available if needed.

Fall/Spring (Aug. 22 - June 11)

All Ages (first-come, first-serve)

DAY	TIME	COURTS
Mon, Wed	5:30 - 9 am	A / B / C
Mon, Wed	Noon - 2:30 pm	A / B / C
Mon, Wed	7 - 9:30 pm	A / B / C
Tues, Thurs	5:30 - 9 am	A / B / C
Tues, Thurs	Noon - 2:30 pm	A / B / C
Fri	5:30 - 9 am	A / B
Fri	Noon - 2:30 pm	A / B
Fri	6:30 - 9 pm	A / B
Sat, Sun	4 - 5:30 pm	A / B

Ages 15 & Under

Sun	4 - 5:30 pm	C
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Ages 12 & Under

Sat	4 - 5:30 pm	C
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Ages 30+

Wed, Fri	4:30 - 6:30 pm	A / B
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Active Adult 60+

Tues, Thurs	6:30 - 7:30 am	A / B
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NOTE: Children 12 and under must be accompanied by an adult 18+



Daily Rates

Child	\$ 3.00
Student	\$ 3.50
Adult	\$ 4.00
Senior	\$ 3.00
Family*	\$ 11.00
Military	\$ 2.50

*Up to 4 members

SAVE \$\$

Punch Passes and monthly memberships are available.

See pg 12!



FACILITIES

Recreation Center Memberships



Memberships, Punch Passes and Daily Fees include:

Unlimited use of the Indoor Pool, Fitness Room, Gymnasium, Billiards Table and Racquetball Court during designated times.

10 and 20 Punch Passes Also Available

Ask about installment options for yearly memberships!

City Residents (R)

Child (under 12 with a paying adult)

Daily	\$ 3.00
Monthly	\$ 16.00
3 Month	\$ 42.00
Yearly	\$ 144.00

Youth/Student (12-18 or valid ID)

Daily	\$ 3.50
Monthly	\$ 20.00
3 Month	\$ 54.00
Yearly	\$ 192.00

Adult (19-54 years)

Daily	\$ 4.00
Monthly	\$ 36.00
3 Month	\$ 99.00
Yearly	\$ 360.00

Senior (55 years and up)

Daily	\$ 3.00
Monthly	\$ 16.00
3 Month	\$ 42.00
Yearly	\$ 144.00

Family (up to 4 members)*

Daily	\$ 11.00
Monthly	\$ 68.00
3 Month	\$ 198.00
Yearly	\$ 768.00

*Inquire about additional family member rates



Non-City Residents (NR)

Child (under 12 with a paying adult)

Daily	\$ 3.00
Monthly	\$ 20.00
3 Month	\$ 54.00
Yearly	\$ 192.00

Youth/Student (12-18 or valid ID)

Daily	\$ 3.50
Monthly	\$ 24.00
3 Month	\$ 66.00
Yearly	\$ 240.00

Adult (19-54 years)

Daily	\$ 4.00
Monthly	\$ 42.00
3 Month	\$ 117.00
Yearly	\$ 432.00

Senior (55 years and up)

Daily	\$ 3.00
Monthly	\$ 20.00
3 Month	\$ 54.00
Yearly	\$ 192.00

Family (up to 4 members)*

Daily	\$ 11.00
Monthly	\$ 84.00
3 Month	\$ 246.00
Yearly	\$ 960.00

*Inquire about additional family member rates

Military (R & NR)

	Individual	Family
Daily	\$ 2.50	\$ 11.00
Monthly	\$ 16.00	\$ 48.00
3 Month	\$ 42.00	\$ 138.00
Yearly	\$ 144.00	\$ 528.00

Parents Night Out

February 10 6-10 pm

Bring your child to the park to enjoy fun activities and take advantage of a kid-free evening. Take time to go out to dinner or just relax at home in quiet. No need to worry about the kids, they'll have plenty of things to keep them entertained. Ages 4-12

Fee: \$10 first child, \$5 for additional
Location: George Washington Room
Register by: February 3
Activity #: 414401/01

FREE

Egg cessible

The area's only Easter Egg Hunt for children with special needs. Ages 2-14

March 27 10 am - Noon

Location: Gymnasium
Activity #: 165275/01



City of Winchester's
**INTERNATIONAL
CHILDREN'S
FESTIVAL**

Thank You!

Thanks to everyone who helped make this year's International Children's Festival a success!



**Kohl's
Kraft Foods
T.D. Clayton
State Farm Insurance
Coalition for Racial Unity
Winchester Public Schools**



Winchester
parks and recreation *Virginia*



Easter Egg Hunt



Bring an empty basket and search for eggs in Jim Barnett Park. Children will be separated into three age groups (under 3, 3-5 and 6-8).

**March 31
9:00 am
Christianson Familyland**

FREE



Kids and Cops Camp Ages 9-12

This camp is designed to provide children with the opportunity to learn about law enforcement and to start friendships with police officers. During the camp, participants will learn teamwork, leadership, and discipline.

Camp Activities Include:

Field trips • Guest Speakers
Kickball • Pool Activities
Community Service Project

Lunches and Snacks will be provided

Dates: June 18-22

8:30 am - 5:00 pm

Location: Jim Barnett Park

Fee: \$35

Register: 4/2 - 4/11

(First-come, first-serve)

How to Register:

Applications will be available at the War Memorial Building April 2-11. Applications need to be sent to or dropped off at the Timbrook Public Safety Center, Police Administration Office (3rd Floor), ATTN Kids and Cops Camp, 231 E. Piccadilly Street, Winchester, VA 22601. Incomplete applications will not be accepted.

*(Please make checks payable to:
Kids & Cops Camp)*

Camp is limited to 96 participants.
Dress Code: T-shirts, shorts and tennis shoes.
On designated days during the camp, participants will need to bring a swimsuit and a towel. No jewelry is allowed.

Contact: Amy Stotlemeyer
(540) 545-4722

Have Fun!

Be a Leader and Member of a Team

Learn about Law Enforcement

Make New Friends

Do Something Good For the Community

**Award Winning
Program**

Best New Program
2003
Virginia Recreation
& Parks Society

No School Days Ages 5-12

When school is out, bring your child to a fun-filled day at the park.

Time: 8 am-6 pm

Fee: \$30-Non-HIVE members, \$20-HIVE "An10a" Punch Card Users, \$8-HIVE Worker Bees (Weekly Users) \$12-HIVE Club Worker Bees (weekly users)*

Location: George Washington Room

DAY	DATE	ACTIVITY #
Monday	January 16	414103/31 Register by: 1/9
Tuesday	January 17	414103/32 Register by: 1/9
Monday	February 20	414103/33 Register by: 2/13
Monday	March 26	114101/14 Register by: 3/19
Thursday	April 5	114101/15 Register by: 3/26
Friday	April 6	114101/16 Register by: 3/26
Monday	April 9	114101/17 Register by: 3/26

NOTE: Late fee of \$10 will be applied if not paid by the date of service needed. Registrations will not be taken after the deadline.

*Current HIVE members are eligible to receive the discount if register before the registration deadline.



Ages 1-5

A drop in program where kids can socialize, refine their motor skills, but most importantly Play, Bounce and Jump! Parents - you are your child's instructor (adults are free).

Daily Fee: \$3 R \$3.50 NR

Location: Gymnasium

DAY	DATES	TIME
2nd & 4th Wednesday	1/11 - 5/23	9 am - 11:30 am



**As of
JANUARY 2, 2012**

The War Memorial Building entrance facing Preston Field will no longer be an entrance.

Please use the main public entrance adjacent to the outdoor pool.

THANK YOU!

YOUTH PROGRAMS

Summer Camp Ages 5-12

Time: 7 am-6 pm

Registration Fee: \$15/week, non-refundable

Weekly Camp Fee: \$95 R \$100 NR

Location: George Washington Room

Register starts: 4/16 R 4/23 NR

Register by: June 1

Registrations after this date may not receive a t-shirt.

Come have fun and grow with us this summer! Our goal is to provide a summer program that focuses on fun recreational activities in addition to field trips, guest speakers and special events. Participants will experience swimming, sports, active play, indoor and outdoor games, arts, crafts, nature and more. Bring your own lunch and snacks.

DAY	DATE	ACTIVITY #
Mon-Fri	June 18-22	114504/01
Mon-Fri	June 25-29	114504/02
M, Tu, Th, F	July 2-6*	114504/03
Mon-Fri	July 9-13	114504/04
Mon-Fri	July 16-20	114504/05
Mon-Fri	July 23-27	114504/06
Mon-Fri	July 30-Aug 3	114504/07
Mon-Fri	August 6-10	114504/08
Mon-Fri	August 13-17	114504/09

*Camp will not meet Wednesday, July 4.

Register for one week or all 9!

Space is limited. All registration fees must be paid in full at time of registration.

Refund requests must be in writing and submitted to a Winchester Parks & Recreation HIVE or Summer Camp staff member or emailed to Stephanie Frazier at sfrazier@ci.winchester.va.us.



MIDDLE SCHOOL

Spring Fling

Sat, April 14 7-10pm

While the high schools are preparing for their proms, why don't you come on over to the park to experience our middle school prom! Yes, that's right, a "prom" type dance just for middle schoolers. Please come dressed appropriately.

Fee: \$5
Location: Gymnasium, Jim Barnett Park

Snacks available at minimum cost
School ID required for admission

The HIVE & HIVE Club

Located at Jim Barnett Park in the Active Living & Recreation Center, the HIVE (Grades K-4) and HIVE Club (Grades 5-8) offers a wide variety of both active and passive activities including sports, enrichment activities, games, crafts, and much more! Participants keep moving and the fun never stops.

REGISTRATION

Registration forms are taken on an on-going basis throughout the school year as space is available

REGISTRATION FEE

\$15 (non-refundable)

TRANSPORTATION

Provided by Winchester Public Schools



The HIVE Grades Pre-K-4

DATES: M-F, through June 11
(first day of school-last day of school)

TIME: School dismissal-6:00 pm

TWO NEW PAYMENT OPTIONS:

- 1) \$60/week
- 2) "An10a" 10 Punch Pass for \$140

ACTIVITY #: 314102

SECTION #:

- | | |
|-----------------------|--------------------|
| 01 Frederick Douglass | 03 Quarles |
| 02 John Kerr | 04 Virginia Avenue |



HIVE Club Grades 5-8

DATES: M-F, August 24-June 11
(first day of school-last day of school)

TIME: School dismissal-6:00 pm

GRADES: 5-8

RATE: \$30/wk or "An10a" Pass for \$80

ACTIVITY #: 324102



ADULT FITNESS CLASSES

Gentle Yoga

Ages 18+

Stretch and strengthen, relax and rejuvenate the body. Find the body, mind, spirit connection. Wear comfortable clothing. Bring a mat and a blanket.

Tuesday Fee: \$43 R \$46 NR
Tues/Thurs Fee: \$58 R \$61 NR
Tuesday Time: 8:30 - 9:30 am
Thursday Time: 8 - 9 am
Location: Lord Fairfax Room

DAY	DATE	ACTIVITY #
Tu	1/10 - 2/14	451273/01
Tu, Th	1/10 - 2/16	451273/02
Register by: 1/10		
Tuesday	2/21 - 4/3*	451273/03
Tues, Thurs	2/21 - 4/5*	451273/04
Register by: 2/21		
Tuesday	4/10 - 5/15	451273/05
Tues, Thurs	4/10 - 5/17	451273/06
Register by: 4/10		

*No Class on 3/20 or 3/22



Zumba

Ages 18+

Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create an absolute hi-energy workout in one exhilarating hour! Bring water.

Tues OR Sat Fee: \$43 R \$46 NR
Tues AND Sat Fee: \$58 R \$61 NR
Location: George Washington Room

DAY	DATE	TIME	ACTIVITY #
Tues	1/10 - 2/14	6:30 - 7:30 pm	451273/16
Sat	1/14 - 2/18	9 - 10 am	451273/17
Tues & Sat	1/10 - 2/18	6:30 - 7:30 pm	451273/18
9 - 10 am			
Register by: 1/10			
Tues	2/28 - 4/3	6:30 - 7:30 pm	451273/19
Sat	3/3 - 4/14	9 - 10 am	451273/20
Tues & Sat	2/28 - 4/14	6:30 - 7:30 pm	451273/21
9 - 10 am			
Register by: 2/28			
Tues	4/17 - 5/22	6:30 - 7:30 pm	451273/22
Sat	4/21 - 6/16	9 - 10 am	451273/23
Tues & Sat	4/17 - 6/16	6:30 - 7:30 pm	451273/24
9 - 10 am			
Register by: 4/17			

Indoor Soccer

Ages 5-10

This league is designed to help participants learn the fundamentals of soccer. Shin guards are needed by each player. Teams will meet twice a week for practices and games.

Fee: \$32 R \$35 NR

Register by: December 30

Location: Gymnasium

AGES	DATE	TIME	ACTIVITY #
5-7	1/9 - 3/1	5:30 pm	421693/01
8-10	1/9 - 3/1	5:30 pm	421693/02

Instructional Basketball

Ages 5-6

Participants will learn and practice basketball fundamentals. This is a non-competitive league. Teams will have practices/games on Saturday mornings.

Fee: \$27 R \$30 NR

Register by: December 30

Location: Gymnasium

DAY	DATE	TIME	ACTIVITY #
Sat	1/14 - 3/3	9 am	421693/03

Intermediate Basketball

Ages 7-8

Participants will learn and practice basketball fundamentals. This is a non-competitive league. Teams will have practices/games on Saturday mornings.

Fee: \$27 R \$30 NR

Register by: December 30

Location: Gymnasium

DAY	DATE	TIME	ACTIVITY #
Sat	1/14 - 3/3	11 am	421693/04



Girls Volleyball

Ages 11-15

Great league for players wanting to learn the fundamentals of the sport and for experienced players to continue improving their skills. Teams will practice and play games two times a week.

Fee: \$35 R \$38 NR

Register by: February 24

Location: Gymnasium

AGES	DATE	TIME	ACTIVITY #
11-12	3/5 - 5/3	5:30 pm	421693/05
13-15	3/5 - 5/3	5:30 pm	421693/06

Start Smart Soccer

Ages 3-5

Start Smart Soccer prepares children ages 3-5 for organized soccer in a FUN, non-threatening environment. Allows children the opportunity to work one on one with a parent. Program meets for 6 weeks one day per week for one hour. There will be an informational parents meeting March 3 at 9:30 am in the Social Hall.

Fee: \$47 R \$50 NR

Register by: February 17

Location: Gymnasium

DAY	DATE	TIME	ACTIVITY #
Sat	3/10 - 4/21	9:30 - 10:30 am	421693/08

ATHLETICS

Fencing - Beginner
Ages 10+

(Prerequisite for Intermediate Fencing)
Covers the history of the sword, as it relates to fencing, dueling, and the beginnings of the sport. Students will gain an understanding of the gear used; the modern-day understanding of the rules; and proper footwork, form and function. Students will also have the opportunity to fence using the same style of electronic equipment used in the modern Olympic Games. Students will be required to purchase a portion of their gear by their second class.
NOTE: Please arrive 15 minutes early for first class. Due to safety reasons, no shorts or tank tops allowed in class.

Fee: \$125 R \$128 NR
Location: Gymnasium

DAY	DATE	TIME	ACTIVITY#
Fri	1/6 - 2/24	6:15 - 7:45 pm	351273/05
Register by: 1/6			
Fri	3/2 - 4/27	6:15 - 7:45 pm	451273/08
Register by: 3/2			
Fri	5/11 - 6/29	6:15 - 7:45 pm	251273/01
Register by: 5/11			

40+ Basketball

A great opportunity to get exercise while playing a fun and fast-paced sport.
Fee: \$57 R \$60 NR
Register by: February 12
Draft Day: Sunday, February 12, 11 am
Location: Gymnasium

DAY	START DATE	TIME	ACTIVITY#
Sun	2/12	11 am	431693/01

Fencing - Intermediate
Ages 10+

Focuses on tactical strategies, a greater understanding of the rules, and holds the student to a higher physical demand. Intermediate students will spend equal time observing, refereeing, fencing and in physical training. Students will be required to purchase a portion of their gear by their second class.
NOTE: Please arrive 15 minutes early for first class. Due to safety reasons, no shorts or tank tops allowed in class.

Fee: \$150 R \$153 NR
Location: Gymnasium

DAY	DATE	TIME	ACTIVITY#
Fri	1/6 - 2/24	7:15 - 9:15 pm	351273/06
Register by: 1/6			
Fri	3/2 - 4/27	7:15 - 9:15 pm	451273/09
Register by: 3/2			
Fri	5/11 - 6/29	7:15 - 9:15 pm	251273/02
Register by: 5/11			





Junior Tennis League Ages 7-10

Great league for junior players to compete against other local players. Each player is required to provide their own racquet. One weekday practice for one hour and one match on Saturday each week. This league is co-sponsored by Frederick County Parks & Recreation and endorsed by Shenandoah Valley Tennis Association.

Fee: \$40

Register by: May 30

Location: Lowry Tennis Courts

Player Evaluation: June 2 @ 9 am

Activity #: 221693/16

Youth Rugby Leagues Ages 7-15

A great way to get in "The Game." All players handle the ball and are constantly engaged. Great for developing skills useful in other sports like football! Only equipment needed to play are soccer cleats and mouth guard. Travel will be necessary.

Fee: \$10 to WPRD, \$20 to USA Rugby, \$10 to Rugby Virginia

Register by: May 11

Location: Weaver Park

U11 (7 years old - 11 years old after January 1, 2012)

U15 (12 years old - 15 years old after January 1, 2012)

AGES	DAY	START	TIME	ACTIVITY #
U11	Tu, Th Sat	5/22	6:30 pm 9 am	221693/14
U15	Tu, Th Sat	5/22	6:30 pm 9 am	221693/15



Please Note: *This is the last guide that will be mailed to your address.*

Pick up your next guide at Jim Barnett Park, City Hall, or the Winchester-Frederick County Visitors Center. Guides will be distributed through Winchester Public Schools.

You can also view the guide online at winchesterva.gov/parks



Open Softball

All teams are guaranteed 20 regular season games and a double elimination post season tournament.

Fee: \$425

Register by: April 27

Location: Eagles Field

Games Begin: Early/Mid May

Game Times:

6:30, 7:30, 8:30pm



Lifeguarding Classes
Ages 15+

American Red Cross Lifeguard Training teaches participants the skills and knowledge they will need to prevent, recognize and respond to emergencies. With successful completion, participants will be certified in Lifeguard Training/First Aid and CPR/AED for 2 years. Attendance is mandatory at all sessions.

Session Fee: \$225 R \$250 NR

Location: Indoor Pool

DAY	DATE	TIME	ACTIVITY #
M, W	2/27 - 3/21	6 - 10:30 pm	122272/J1
Register by: 2/13			
M, W	3/26 - 4/4	6 - 10 pm	122272/J2
Sa, Sun		8 am - 6 pm	
Register by: 3/12			

Water Safety
Instructor Class
Ages 16+

A course designed to train participants to teach courses in the American Red Cross Swimming and Water Safety Program. The course combines classroom and in water work. All supplies are included. Prerequisite skills must be passed to participate.

Session Fee: \$225 R \$250 NR

Location: Indoor Pool

DAY	DATE	TIME	ACTIVITY #
M, W	4/30 - 5/23	6 - 10 pm	122275/J1
Register by: 4/16			



Private Swim Lessons
Ages 3+

Learn to swim one-on-one with a certified Water Safety Instructor (30 minute lessons). Registration for private lessons is arranged through the Aquatics Division (first-come, first-served).

Ask about our semi-private lessons.

Session Fee: \$75 R \$85 NR

Location: Indoor Pool

DAY	DATE	TIME	ACTIVITY #
Tu	1/3 - 1/24	10 - 10:30 am	552285/A5
Thu	1/5 - 1/26	10 - 10:30 am	552285/A5
Sat	1/7 - 1/28	1 - 5 pm	552285/A5
Register on: 12/21 R 12/22 NR			
Tu	1/31 - 2/21	10 - 10:30 am	552285/A6
Thu	2/2 - 2/23	10 - 10:30 am	552285/A6
Sat	2/4 - 2/25	1 - 5 pm	552285/A6
Register on: 1/25 R 1/26 NR			
Tu	2/28 - 3/20	10 - 10:30 am	552285/A7
Thu	3/1 - 3/22	10 - 10:30 am	552285/A7
Sat	3/3 - 3/24	1 - 5 pm	552285/A7
Register on: 2/22 R 2/23 NR			
Tu	3/27 - 4/17	10 - 10:30 am	552285/A8
Thu	3/29 - 4/19	10 - 10:30 am	552285/A8
Sat	3/31 - 4/21	1 - 5 pm	552285/A8
Register on: 3/21 R 3/22 NR			

Session Fee:** \$56 R \$63 NR

Tu	4/24 - 5/15	10 - 10:30 am	552285/A9
Thu	4/26 - 5/17	10 - 10:30 am	552285/A9
Sat	4/28 - 5/19*	1 - 5 pm	552285/A9
Register on: 4/18 R 4/19 NR			

***No Class on May 5 (Saturday)**

**** These three sessions have a different fee**

AQUATICS

Competitive Swim Training Ages 6-18

This course is designed for swimmers who want to expand their post Level 4 swim skills into a swim team setting. Students will bridge the gap between instructional and competitive swimming by learning to improve their strokes, starts, turns, and finishes all through interval training. Participants must be proficient in all strokes and be able to swim laps. If you are unsure if your child is ready for CST, please attend a FREE swimming assessment (see schedule on page 23).

Sections W & Z: Ages 6-12

Sections X & Y: Ages 13-18

Fee: \$48 R \$54 NR

Location: Indoor Pool

DAY	DATE	TIME	ACTIVITY #
M, W	1/2 - 1/25	2 - 2:45 pm	413243/E5
M, W	1/2 - 1/25	4 - 4:45 pm	413243/W5
M, W	1/2 - 1/25	4:45 - 5:30 pm	413243/X5
Tu, Th	1/3 - 1/26	5:30 - 6:15 pm	413243/Y5
Tu, Th	1/3 - 1/26	6:15 - 7 pm	413243/Z5

Register on: 12/21 R 12/22 NR

M, W	1/30 - 2/22	2 - 2:45 pm	413243/E6
M, W	1/30 - 2/22	4 - 4:45 pm	413243/W6
M, W	1/30 - 2/22	4:45 - 5:30 pm	413243/X6
Tu, Th	1/31 - 2/23	5:30 - 6:15 pm	413243/Y6
Tu, Th	1/31 - 2/23	6:15 - 7 pm	413243/Z6

Register on: 1/25 R 1/26 NR

M, W	2/27 - 3/21	2 - 2:45 pm	413243/E7
M, W	2/27 - 3/21	4 - 4:45 pm	413243/W7
M, W	2/27 - 3/21	4:45 - 5:30 pm	413243/X7
Tu, Th	2/28 - 3/22	5:30 - 6:15 pm	413243/Y7
Tu, Th	2/28 - 3/22	6:15 - 7 pm	413243/Z7

Register on: 2/22 R 2/23 NR



Rent the Indoor Pool For a Party!

Now - February 18:
Saturday, 6 - 7:45 pm

February 24 - May 19:
Friday, 7 - 8:45 pm
Saturday, 6 - 7:45 pm

Fee: \$184 R \$202 NR

DAY	DATE	TIME	ACTIVITY #
M, W	3/26 - 4/18	2 - 2:45 pm	413243/E8
M, W	3/26 - 4/18	4 - 4:45 pm	413243/W8
M, W	3/26 - 4/18	4:45 - 5:30 pm	413243/X8
Tu, Th	3/27 - 4/19	5:30 - 6:15 pm	413243/Y8
Tu, Th	3/27 - 4/19	6:15 - 7 pm	413243/Z8

Register on: 3/21 R 3/22 NR

M, W	4/23 - 5/16	2 - 2:45 pm	413243/E9
M, W	4/23 - 5/16	4 - 4:45 pm	413243/W9
M, W	4/23 - 5/16	4:45 - 5:30 pm	413243/X9
Tu, Th	4/24 - 5/17	5:30 - 6:15 pm	413243/Y9
Tu, Th	4/24 - 5/17	6:15 - 7 pm	413243/Z9

Register on: 4/18 R 4/19 NR

Swimming Level Assessments

Ages 3+

Free assessments are offered by a certified American Red Cross water safety instructor! No registration required. Please allow 5-10 minutes for each assessment.

Fee: FREE

DAY	DATE	TIME
Sat	December 17	2 - 4 pm
Sat	January 21	2 - 4 pm
Sat	February 18	2 - 4 pm
Sat	March 17	2 - 4 pm
Sat	April 14	2 - 4 pm

Waterbabies I

Ages 6 mo - 1

This parent/child class introduces basic swimming skills using songs, games and toys. Comfort, fun, and safety is the focus of the class. Get one-on-one time in the water with your child and guided direction and play from an in-water instructor.

Fee: \$32 R \$36 NR

Location: Indoor Pool

DAY	DATE	TIME	ACTIVITY #
Tu, Th	1/3 - 1/26	9 - 9:30 am	412216/L5
Register on: 12/21 R 12/22 NR			
Tu, Th	1/31 - 2/23	9 - 9:30 am	412216/L6
Register on: 1/25 R 1/26 NR			
Tu, Th	2/28 - 3/22	9 - 9:30 am	412216/L7
Register on: 2/22 R 2/23 NR			
Tu, Th	3/27 - 4/19	9 - 9:30 am	412216/L8
Register on: 3/21 R 3/22 NR			
Tu, Th	4/24 - 5/17	9 - 9:30 am	412216/L9
Register on: 4/18 R 4/19 NR			

Register on dates = Registration day

Additional registration day (if space is available) = Friday before first day of class

Waterbabies II

Age 2

This is a parent/child class that prepares students for TINY TOTS LEVEL I. Swimmers will review WATERBABIES LEVEL I skills while working on becoming more independent by putting their face in the water and performing skills independently.

Fee: \$32 R \$36 NR

Location: Indoor Pool

DAY	DATE	TIME	ACTIVITY #
Tu, Th	1/3 - 1/26	9:30 - 10 am	412217/M5
Register on: 12/21 R 12/22 NR			
Tu, Th	1/31 - 2/23	9:30 - 10 am	412216/M6
Register on: 1/25 R 1/26 NR			
Tu, Th	2/28 - 3/22	9:30 - 10 am	412216/M7
Register on: 2/22 R 2/23 NR			
Tu, Th	3/27 - 4/19	9:30 - 10 am	412216/M8
Register on: 3/21 R 3/22 NR			
Tu, Th	4/24 - 5/17	9:30 - 10 am	412216/M9
Register on: 4/18 R 4/19 NR			

Waterbabies Combo

Ages 6 mo - 2

Combination of Waterbabies I & II

This swim class introduces basic swimming skills using songs, games and toys. Comfort, fun and safety is the focus of the class. Get one-on-one time in the water with your child and guided direction and play from an in-water instructor.

Fee: \$32 R \$36 NR

Location: Indoor Pool

DAY	DATE	TIME	ACTIVITY #
M, W	1/2 - 1/25	5:30 - 6 pm	412215/A5
Register on: 12/21 R 12/22 NR			
M, W	1/30 - 2/22	5:30 - 6 pm	412215/A6
Register on: 1/25 R 1/26 NR			
M, W	2/27 - 3/21	5:30 - 6 pm	412215/A7
Register on: 2/22 R 2/23 NR			
M, W	3/26 - 4/18	5:30 - 6 pm	412215/A8
Register on: 3/21 R 3/22 NR			
M, W	4/23 - 5/16	5:30 - 6 pm	412215/A9
Register on: 4/18 R 4/19 NR			

Tiny Tots I-V
Ages 3-6

TINY TOTS I

This level is geared to building confidence in the water. Focus will be on blowing bubbles, floating and kicking on front and back with support, learning breathing control, swimming with face in the water and an introduction to various arm actions.
Activity #: 412221

TINY TOTS II-A

This level helps participants learn how to go from a supported to an unsupported float on front and back, recovery to a vertical position from floating, front and back glides, and swimming on front and back using a combined stroke.
Activity #: 412225

TINY TOTS II-B

This level helps participants learn unsupported float on front and back, recovery to a vertical position from floating, front and back glides, and swimming on front and back using a combined stroke for 5 body lengths.
Activity #: 412226

TINY TOTS III

This level adds kicks to front and back glides, teaches changing directions and body positions in deep water, diving from the side of pool in a kneeling position, learning to swim on front and back for 15 yards with more refined arm positioning for 15 yards, treading water for 30 seconds, and introduction to scissor (breast stroke) kick.
Activity #: 412223

TINY TOTS IV

In this level students will learn to dive from the side from a standing position, swim a distance underwater, float in deep water for 30 seconds, and use an open turn when swimming on front and back. They will also swim on front and back for 25 yards with rotary breathing and advanced arm positioning, 15 yards of butterfly, breast stroke, back crawl and side stroke.
Activity #: 412224

Tiny Tots I-V
Schedule

Levels I-V are offered at each session.
Fee: \$43 R \$49 NR
Location: Indoor Pool

DAY	DATE	TIME	SECTION
M, W	1/2 - 1/25	4 - 4:30 pm	N5
M, W	1/2 - 1/25	4:30 - 5 pm	O5
M, W	1/2 - 1/25	5 - 5:30 pm	P5
Tu, Th	1/3 - 1/26	5:30 - 6 pm	S5
Tu, Th	1/3 - 1/26	6 - 6:30 pm	T5

Register on: 12/21 R 12/22 NR

M, W	1/30 - 2/22	4 - 4:30 pm	N6
M, W	1/30 - 2/22	4:30 - 5 pm	O6
M, W	1/30 - 2/22	5 - 5:30 pm	P6
Tu, Th	1/31 - 2/23	5:30 - 6 pm	S6
Tu, Th	1/31 - 2/23	6 - 6:30 pm	T6

Register on: 1/25 R 1/26 NR

M, W	2/27 - 3/21	4 - 4:30 pm	N7
M, W	2/27 - 3/21	4:30 - 5 pm	O7
M, W	2/27 - 3/21	5 - 5:30 pm	P7
Tu, Th	2/28 - 3/22	5:30 - 6 pm	S7
Tu, Th	2/28 - 3/22	6 - 6:30 pm	T7

Register on: 2/22 R 2/23 NR

M, W	3/26 - 4/18	4 - 4:30 pm	N8
M, W	3/26 - 4/18	4:30 - 5 pm	O8
M, W	3/26 - 4/18	5 - 5:30 pm	P8
Tu, Th	3/27 - 4/19	5:30 - 6 pm	S8
Tu, Th	3/27 - 4/19	6 - 6:30 pm	T8

Register on: 3/21 R 3/22 NR

M, W	4/23 - 5/16	4 - 4:30 pm	N9
M, W	4/23 - 5/16	4:30 - 5 pm	O9
M, W	4/23 - 5/16	5 - 5:30 pm	P9
Tu, Th	4/24 - 5/17	5:30 - 6 pm	S9
Tu, Th	4/24 - 5/17	6 - 6:30 pm	T9

Register on: 4/18 R 4/19 NR

Tiny Tots I Extra Sessions

Fee: \$43 R \$49 NR

Location: Indoor Pool

DAY	DATE	TIME	SECTION
Tu, Th	1/3 - 1/26	9 - 9:30 am	Q5
Register on: 12/21 R 12/22 NR			
Tu, Th	1/31 - 2/23	9 - 9:30 am	Q6
Register on: 1/25 R 1/26 NR			
Tu, Th	2/28 - 3/22	9 - 9:30 am	Q7
Register on: 2/22 R 2/23 NR			
Tu, Th	3/27 - 4/19	9 - 9:30 am	Q8
Register on: 3/21 R 3/22 NR			
Tu, Th	4/24 - 5/17	9 - 9:30 am	Q9
Register on: 4/18 R 4/19 NR			

Tiny Tots II (A&B) Extra Sessions

Fee: \$43 R \$49 NR

Location: Indoor Pool

DAY	DATE	TIME	SECTION
Tu, Th	1/3 - 1/26	9:30 - 10 am	R5
Register on: 12/21 R 12/22 NR			
Tu, Th	1/31 - 2/23	9:30 - 10 am	R6
Register on: 1/25 R 1/26 NR			
Tu, Th	2/28 - 3/22	9:30 - 10 am	R7
Register on: 2/22 R 2/23 NR			
Tu, Th	3/27 - 4/19	9:30 - 10 am	R8
Register on: 3/21 R 3/22 NR			
Tu, Th	4/24 - 5/17	9:30 - 10 am	R9
Register on: 4/18 R 4/19 NR			

Register on dates = Registration day

Additional registration day (if space is available) = Friday before first day of class

See page 29 for instructions on how to register for swim lessons.

Child/Teens I-IV Ages 7-15

Fee: \$43 R \$49 NR

Location: Indoor Pool

CHILD/TEENS I

This level builds confidence in the water. Focus will be on blowing bubbles, floating and kicking on front and back with support, learning breathing control, swimming with face in the water and an introduction to various arm actions.

Activity #: 312231

CHILD/TEENS II

This level helps participants learn unsupported float on front and back, recovery to a vertical position from floating, front and back glides, and swimming on front and back using a combined stroke for 5 body lengths.

Activity #: 312232

CHILD/TEENS III

This level adds kicks to front and back glides, teaches changing directions and body positions in deep water, diving from the side of pool in a kneeling position, learning to swim on front and back for 15 yards with more refined arm positioning for 15 yards, treading water for 30 seconds, and introduction to scissor (breast stroke) kick.

Activity #: 312233

CHILD/TEENS IV

In this level students will learn to dive from the side from a standing position, swim a distance underwater, float in deep water for 30 seconds, and use an open turn when swimming on front and back. They will also swim on front and back for 25 yards with rotary breathing and advanced arm positioning, 15 yards of butterfly, breast stroke, back crawl and side stroke.

Activity #: 312234

NOTE: Parents are not permitted on the pool deck during the lessons. On the last day of class, parents will be allowed on the pool deck to see their child's progress, receive report card, and take photos of their child.

Child/Teens I-IV
Schedule

Levels I-V are offered at each session.

Fee: \$43 R \$49 NR

Location: Indoor Pool

DAY	DATE	TIME	SECTION
M, W	1/2 - 1/25	5:30 - 6 pm	U5
Tu, Thu	1/3 - 1/26	6:30 - 7 pm	V5

Register on: 12/21 R 12/22 NR

M, W	1/30 - 2/22	5:30 - 6 pm	U6
Tu, Thu	1/31 - 2/23	6:30 - 7 pm	V6

Register on: 1/25 R 1/26 NR

M, W	2/27 - 3/21	5:30 - 6 pm	U7
Tu, Thu	2/28 - 3/22	6:30 - 7 pm	V7

Register on: 2/22 R 2/23 NR

M, W	3/26 - 4/18	5:30 - 6 pm	U8
Tu, Thu	3/27 - 4/19	6:30 - 7 pm	V8

Register on: 3/21 R 3/22 NR

M, W	4/23 - 5/16	5:30 - 6 pm	U9
Tu, Thu	4/24 - 5/17	6:30 - 7 pm	V9

Register on: 4/18 R 4/19 NR

Ages 18+

An organized program of swimming for adults. Members participate in a variety of ways ranging from lap swimming to international competition.

Fee: \$25 R \$30 NR (plus annual membership fee to U.S. Masters)

Location: Indoor Pool



DAY	TIME
Sunday	Noon - 1 pm
M, W, F	5:30 - 6:30 am

Adult Classes - 18+
Water Aerobics AM

This shallow water exercise class is designed for all swimming abilities and covers a wide range of exercises giving you a good overall workout.

Session Fee: \$40 R \$45 NR

Drop In Fee: \$4 R \$4.50 NR

Location: Indoor Pool

DAY	DATE	TIME	ACTIVITY #
M, W, F	1/2 - 1/27	9:30 - 10:30 am	433265/A5

Register on: 12/21

M, W, F	1/30 - 2/24	9:30 - 10:30 am	433265/A6
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Register on: 1/16

M, W, F	2/27 - 3/23	9:30 - 10:30 am	433265/A7
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Register on: 2/13

M, W, F	3/26 - 4/20	9:30 - 10:30 am	433265/A8
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Register on: 3/12

M, W, F	4/23 - 5/18	9:30 - 10:30 am	433265/A9
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Register on: 4/9

Adult Classes - 18+
Water Aerobics PM

Session Fee: \$10 R \$12 NR

Drop In Fee: \$4 R \$4.50 NR

Location: Indoor Pool

DAY	DATE	TIME	ACTIVITY #
Tues	1/3 - 1/24	7:30 - 8:30 pm	433265/I5

Register on: 12/21

Tues	1/31 - 2/21	7:30 - 8:30 pm	433265/I6
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Register on: 1/16

Tues	2/28 - 3/20	7:30 - 8:30 pm	433265/I7
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Register on: 2/13

Tues	3/27 - 4/17	7:30 - 8:30 pm	433265/I8
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Register on: 3/12

Tues	4/24 - 5/15	7:30 - 8:30 pm	433265/I9
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Register on: 4/9

NEW!



Adult Classes - 18+ Aqua Zumba

Known as the Zumba® "pool party," the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Session Fee: \$16 R \$18 NR

Drop In Fee: \$5 R \$5.50 NR

Location: Indoor Pool

DAY	DATE	TIME	ACTIVITY #
Thurs	1/5 - 1/26	7:30 - 8:30 pm	433266/Z5
Register on: 12/21			
Thurs	2/2 - 2/23	7:30 - 8:30 pm	433266/Z6
Register on: 1/16			
Thurs	3/1 - 3/22	7:30 - 8:30 pm	433266/Z7
Register on: 2/13			
Thurs	3/29 - 4/19	7:30 - 8:30 pm	433266/Z8
Register on: 3/12			
Thurs	4/26 - 5/17	7:30 - 8:30 pm	433266/Z9
Register on: 4/9			

DISCOVER SCUBA



In this PADI open water diver course, you will learn the skills needed to be a safe recreational diver. Included: 5 classroom sessions, 5 pool sessions and 4 open water training dives.

Fee: \$395

Call Joe Dubose: (540) 539-1615



TRY IT OUT!
FREE Aqua Zumba Class
December 8 7:30-8:30 pm
Indoor Pool

Adult Classes - 18+ Combination Aqua Zumba and Water Aerobics

Session Fee: \$23 R \$25 NR

Drop In Fee: \$5 R \$5.50 NR

Location: Indoor Pool

DAY	DATE	TIME	ACTIVITY #
Tu, Thu	1/3 - 1/26	7:30 - 8:30 pm	433267/C5
Register on: 12/21			
Tu, Thu	1/31 - 2/23	7:30 - 8:30 pm	433267/C6
Register on: 1/16			
Tu, Thu	2/28 - 3/22	7:30 - 8:30 pm	433267/C7
Register on: 2/13			
Tu, Thu	3/27 - 4/19	7:30 - 8:30 pm	433267/C8
Register on: 3/12			
Tu, Thu	4/24 - 5/17	7:30 - 8:30 pm	433267/C9
Register on: 4/9			

USER GROUPS

User Groups Contact Information

Winchester Baseball

www.winchesterbaseball.com

Winchester/Frederick Co. Youth Tackle Football & Cheerleading

Ed Tatman (540) 868-2870

www.wfyfl.com

Blue Ridge Youth Soccer

(540) 662-6380

www.brysa.org

Shenandoah Valley Youth Lacrosse

svyl.uslaxteams.com

Winchester BMX Association

Ben Cary (540) 324-3478

www.winchesterbmxracing.org

Winchester Horseshoe Pitchers Assoc.

Victor Riggelman (540) 877-1402

Winchester Swim Team

Melanie Morrow (703) 727-4482

www.winchesterswimteam.com



Discover SCUBA

Joe Dubose (540) 888-4455

Winchester Rugby Football Club

Jeremy Getz (540) 539-5119

www.winchesterrugby.org

Shenandoah Valley Powersliders R/C Race Club

Chad Greathouse
eastcoasthobbies@visuallink.com

Shen. Area Agency on Aging

Ebbie Williams (540) 662-5433

www.shenandoahaaa.com



SWIM FAST! HAVE FUN! BE COMPETITIVE!

VA/USA Certified
Coaches!

Our club is a USS year round competitive swim team offering high quality professional coaching and technique instruction for all ages and abilities. The goal of our team is to provide every member an opportunity to improve swimming skills and achieve success at his or her level of ability, from novice to international competitor.

Flexible
Practice
Times

www.WinchesterSwimTeam.com

Click "contact us" or "documents" for registration forms.

Team
building
activities

Swim Lesson Registration Instructions

1. Swimming Lessons have a "Register On" date so please be aware of which day you need to register.
 - a. Resident (R) registration is for people who live in the City of Winchester (22601 zip code). Non-resident (NR) registration is the following day (zip code other than 22601).
 - b. Registrations are taken by phone or walk-in starting at 5:30 am. All classes are first-come, first-serve. If space is remaining, an additional registration day is the Friday before the start of class.
2. Have the program's activity number ready. This can be found on the Aquatics pages of the guide (pages 23-26).
3. Payment is required at the time of registration. No registration will be processed without payment.

Youth Swim Programs

1. Each class starts with a minimum number of students per level. (See page 23-26 for level descriptions.) If the classes fill, please keep in mind that we do our best to place additional children in the classes. You will be notified one day prior to the first day of class if we were able to fit your child in the session.
2. You will only be charged if your child is placed in a class. If your child does not get into the session, you will need to re-register for the next session. Students on the waiting list do not carry over to the next session.

Program Registration

1. **WALK-IN:** Walk-in registrations will be accepted during hours of operation.
2. **BY PHONE:** Call (540) 662-4946. Must be paid with a credit card and a completed registration form faxed or emailed.
3. **BY FAX:** (540) 678-8791.

Visit www.winchesterva.gov/parks to download the registration form.

Making Payments

Payment is due upon registration for all classes and materials fees (where applicable) are due to the instructor on the first day of class.

Cancellations

In the event of inclement weather, closings and cancellations will be announced via local radio stations, winchesterva.gov and the cancellation hotline. NOTE: Programs will be cancelled if minimum registration numbers are not met.

Accommodations

WPRD welcomes participation in all programs and activities by individuals with disabilities and special needs. WPRD is committed to inclusion and providing recreation services in the most integrated setting in which interaction between people with and without disabilities is provided to the maximum extent feasible.

If you have a special need or request for reasonable accommodation in accordance with ADD, and want to assist the WPRD staff in addressing such need or request, we strongly urge you to contact WPRD in advance and in a timely manner, or indicate what these needs are on all registration forms. Please understand that failure to provide timely and appropriate notice of a special need and/or request for reasonable accommodation may result in a delay in registration. When feasible and appropriate, WPRD asks that requests for reasonable accommodation be made at least two weeks in advance of any activity or program.

NEW! Refund Policy

WPRD has implemented a new refund policy. Details at winchesterva.gov/parks.



Winchester Parks & Recreation
1001 East Cork Street
Winchester, VA 22601

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Please Note



This is the last guide that will be mailed to your address.

Pick up your next guide at Jim Barnett Park, City Hall, or the Winchester-Frederick County Visitors Center.

Guides will be distributed through Winchester Public Schools.

You can also view the guide online at www.winchesterva.gov/parks

Winchester
parks and recreation *Virginia*